



COA CONNECTIONS

Newsletter of the Bedford Council on Aging, 12 Mudge Way, Bedford, MA 01730

Telephone 781-275-6825 E-mail: coa@bedfordma.gov

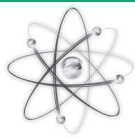
Website: <http://www.bedfordma.gov/council-on-aging>

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COA Elder Services Coordinator: Wendy Aronson

Administrative Assistant: Alissa Anderson • Department Assistant: Diane Pascucci

Saturday Activities Coordinator: Vicky Umanita • COA Board Chair: Roberta Ennis



SCIENCE & TECHNOLOGY CLUB

All are welcome!

Will be meeting **Monday July 20 at 10:00 AM** to view and discuss *How We Got To Now with Steven Johnson, Episode 5: Cold*. Examine the effects of man's mastery of cold on food, Hollywood, and even politics. We will also be meeting on **Monday August 17 at 10:00 AM** to view and discuss *Episode 6: Sound*. Explore the impact of sound in the world of medicine and our lives today. Bring your ideas for future meetings! We would love to hear about your interests! This group is a general interest group...No need to feel intimidated!

The Dog Days of Summer!

Stop in and visit with Ann & her dog Kobi every Saturday 11:30-12:30! Mara & her dog Max will be here Thursdays from 11-noon. Also, keep your eyes open for impromptu visits all summer by other volunteers! (*Dog B.O.N.E.S. is an acronym for Dogs Building Opportunities for Nurturing and Emotional Support. We are a Massachusetts non-profit. Volunteer based organization whose primary purpose is to provide well trained, affectionate, obedient, registered and insured therapy dog teams for visitations to hospitals, nursing facilities, schools, rehabilitation centers and any other Massachusetts location where they may provide therapeutic contact with the elderly, the disabled or the young. We bring a little fun into someone's day as they recuperate, rehabilitate, or simply live life.*)



Cycling for Seniors: July 7 & August 4 at 10AM

They say you never forget how to ride a bike. If you're a bit rusty but would like to try it again, or you've been riding on your own and would like some company, we're having a monthly ride starting at the COA! (*If we get enough interest, we may expand this in the Fall.*) We're not out to break any land speed records, but you should be able to maintain an average speed of 10mph or so. We'll try to stay mostly on flat roads, but there will be hills, so you should have a multi-speed bike in good condition. If you're uncertain about this, you can contact Jack at the email address below. The rides will be roughly 15 miles long starting at 10AM, but we'll be there early if you have questions. We'll try to stay mostly on back roads, but you should be comfortable riding with traffic. After the ride, we'll have coffee and snacks at the COA! All rides start at the parking lot in front of the COA. Register by emailing: Jack Donohue (jmdonohue@alum.mit.edu) or call the COA at (781) 275-6825.

Communicating with Friends and Loved Ones with Dementia



Join Jenn Quinn, Owner/President of ComForCare Home Care to learn the best ways to communicate with loved ones with dementia. She will be at the COA on **Friday July 17 at 10:30 AM**. Participants will leave with a better understanding of how to use certain techniques to increase positive, enjoyable interactions. Our goal is to create better days by being educated on how to best support those with dementia. Please sign-up so we know how many people to expect.

Expanded Council on Aging Hours:

Monday:	8-4, 6-9
Tuesday:	8-4, 6-9
Wednesday:	8-4, 6-9
Thursday:	8-4
Friday:	8-4
Saturday:	11-4

Veterans' Coffee

**Wednesday, July 15 & August 19
at 10:00 AM**

Join Tom Moran, Veteran Liaison with Compassionate Care Hospice to have coffee and to converse about years in the service. Tom was in the Army branch and was in The National Guard for 13 1/2 years. All are welcome. Please call to RSVP 781-275-6825.

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✿ JUST FOR FUN ✿



Breakfast and BINGO Tuesday, July 21 & Tuesday, August 18 at 9:30 AM

Brightview is back at the COA! Come play for a chance to win some GREAT prizes! Breakfast and prizes will be provided by Brightview Concord River. Please sign up by calling (781) 275-6825.

Name That Tune!

Becoming a monthly favorite at the Council on Aging, Karen from Concord Health Care, will be back to present an afternoon of music and fun on **Monday July 20 & August 17 at 12:30 PM.** Enjoy a snack while you try to recognize some of these old favorites! Please sign up in advance by calling (781) 275-6825.

Ice Cream!!



Atria Longmeadow Place will be returning to the COA on Thursday July 30 at 1PM for a special summertime treat! Please call to sign up so we know how many will attend.

Join SongFest for a Special Summer Session!

We will meet on Wednesday July 29 at 10:30 AM for cold drinks, goodies, S'Mores and your favorite camp songs! Join us for the festivities! Please call ahead so we know how many to expect.

"Rainy Day" Grands & Me

Are you a caretaker for your grandchildren or someone else's? Need a place to go during the day when it's too hot or raining?? Join us in the Kitchen at the Bedford COA for an hour of playtime with your little one. We will provide toys and a great space to visit with one another! Grandparents will have the opportunity to meet other 'grandparents' and children can enjoy playing with peers while also enjoying their special adult person. **Stop in anytime!**



Trips! Trips! Trips!

Concord River Summer Lunch Cruise Monday, July 13 (\$35)



Enjoy a unique dining experience aboard a pontoon boat while viewing the homes of the 1800's and nature at its best. Watch for turtles, blue herons, geese, ducks and other wildlife along the river banks. Cruise to Fairhaven Bay, where Thoreau and Hawthorne spent time composing their renowned writings. See the Old North Bridge where the shot heard around the world was fired. Lunch includes a side salad, fruit, dessert and your choice of sandwich: chicken salad, tuna, sliced turkey, ham and cheese, or vegetarian. Served with iced tea or lemonade. Full payment is due upon sign up. ****Please meet at 12:30 at the South Bridge Boat House in Concord (496 Main St.)** The cruise leaves at 1:15 PM and will return at about 12:30. Space is limited to 20 so reserve your spot today!

Marblehead Day Trip Wednesday, August 26 (\$70)



Marblehead, MA is a beautiful, coastal New England community. Come with us for a delicious lunch overlooking picturesque Marblehead Harbor at the Landing restaurant. Relax in the sunshine, watch the sailboats, visit the lighthouse and do a little shopping. We will also be visiting Abbott Hall, where the original "Spirit of '76" painting is displayed. Some walking is required on this trip. Meal choices available upon sign up! This trip will depart Bedford at 9:15 AM, and will return by 4 PM. Full payment is due upon sign-up. Call today to reserve your seat!

All trips depart from the Bedford Town Hall parking lot in front of the police station unless otherwise noted.



Have Lunch at the Bedford Café!



A delicious meal, catered by Carleton-Willard and sponsored by Minuteman Senior Services, is served at 11:45 AM on Mondays, Wednesdays, and Fridays. Menus are available at the COA. **Reservations are required** even if you have established a regular schedule. To sign up, call Lisa at 781-275-8542 at least two days ahead. **Limit of 40 per day so sign up early to ensure your space!** Suggested donation: \$3.

Volunteers Needed!

We are seeking volunteers to help serve lunch at the Bedford Café on Mondays, Wednesdays, and Fridays. For more information, please call Lisa at 781-275-8542. Meals on Wheels drivers are also needed. To volunteer as a driver, please call Diane at 781-221-7093.





Happy Birthday to YOU!

Join us at the Council on Aging for YOUR birthday! Each month, Vicky honors every senior who has a birthday that month. Join us for cake on **July 11** if your birthday is in July, or **August 1** if your special day is in August!

Fix It Shop Closes for the Summer

The Fix-It-Shop will close for the summer on **Thursday, July 2**. It will re-open in mid-September. Watch battery replacement will continue through the summer through the COA front desk drop-off. Thank you!

Saturday Movies begin at 1:15 PM

July 11 *Amira & Sam* (2015) R Still struggling to readjust to American culture, Iraq War veteran Sam visits his former translator and is mesmerized by the man's attractive niece, Amira. But if Sam wants to capture her heart, he must first find a way to prevent her deportation.

July 18 *Cake* (2015) R Saddled with chronic pain, Claire Simmons has kept a sense of humor, even if it's of the acidic, angry variety. Upset but gripped by curiosity when a member of her support group kills herself, Claire decides to excavate the truths behind the suicide.

July 25 *Seven Brides for Seven Brothers* (1954) G Set on a ranch in the Oregon Territory, this rousing musical tells the story of Adam (Howard Keel) and his six unruly brothers. Adam marries Milly (Jane Powell), who's appalled by the motley crew and takes it upon herself to tame them. Longing to become husbands like their brother, the boys go into town and kidnap six lovely women for themselves. Not without chaos and uproar, the boys and their wives eventually find happiness

August 1 *The Cobbler* (2015) PG-13 New York shoe repairman Max Simkin (Adam Sandler) has become weary of his drab existence when he discovers that an old stitching machine in his shop has magical properties, enabling Max to fully inhabit the lives of his customers simply by trying on their shoes.

August 8 *American Sniper* (2014) R Based on his memoir of the same name, this military biopic centers on legendary sniper Chris Kyle, who amassed a record number of kills on the battlefield during his 10-year career as a Navy SEAL.

August 15 *Black or White* (2014) PG-13 Still reeling from his wife's death, Elliot Anderson (Kevin Costner) struggles to maintain custody of his biracial granddaughter when her grandmother begins pushing to have the girl sent back to her father -- a crack addict Elliot blames for his daughter's demise.

August 22 *McFarland, USA* (2015) PG Track coach Jim White's search for work leads him to a high school in California's Central Valley with a largely Latino student body. After White and his determined athletes establish a bond of trust, remarkable achievements are on the horizon.

August 29 *To Catch a Thief* (1955) NR Suspected in a series of gem heists in the French Riviera, reformed thief John Robie sets out to catch the real culprit with the help of pampered heiress Frances Stevens. Robie's plan backfires, but Frances, who believes him guilty, plots an escape.

Thanks to the FBCOA for our funding!

Friends of the Bedford Council on Aging

Next Meeting: Tuesday, September 8 at 1:00 PM

If you would like to be reminded when it is time to renew your dues, please email Barbara Purchia: bsrpurchia@aol.com with FBCOA in the subject line.

The Friends of the Bedford Council on Aging is an independent non-profit organization that supports the Bedford COA, a municipal agency. Your taxes support the COA; donations and dues support the FBCOA.

FBCOA Annual Membership Dues

2015—2016

INDIVIDUAL	\$5.00	_____
FAMILY	\$7.00	_____
CONTRIBUTION		_____
TOTAL	\$	_____

(Tax deductible contributions gratefully accepted)

NAME	_____
ADDRESS	_____
TOWN/ZIP CODE	_____
EMAIL:	_____



Fitness News



MORNING EXERCISE CLASSES

(Taught by Andrea, Sharon & Sophia)

5 classes per week for \$50/month - only \$2.30 per class!

3 classes per week for \$45/month - only \$3.20 per class!

2 classes per week for \$35/month - only \$3.89 per class!

1 class per week for \$20/month - only \$4.62 per class!

How are the classes different you ask?

*Mondays classes (9:00 AM) are taught by Andrea Dollett, a long-time instructor here at the Bedford Council on Aging. Her class is our most intense class of the week, with an optional 30 minute Pilates class following an hour of aerobics and weights.

*Bedford Local Sharon Cummings teaches on Wednesdays (9:00 AM) and Fridays (9:00 AM). These classes are a combination of aerobic exercise and strengthening, stretching and balance work. These two days are our middle level classes.

*Tuesday (9:30 AM) and Thursday (10:00 AM) are taught by Sophia Halilova, also a long-time instructor at the COA. Her class focuses more on joint strengthening, stretching and balance. These classes are our lowest impact morning exercise.

Come join us!
Your body will thank you!

Drop in rate for the above classes is \$5.00/day

BONING UP ON OSTEOPOROSIS!

Beverly J. Ikier, a senior fitness specialist and educator, has partnered with the Bedford Council on Aging to teach alternate approaches to combating various health issues. Osteofitness™ for Osteoporosis and Osteoarthritis is more than just strengthening. The program focuses on joint mobility with progressive resistance training to increase bone density, a training method developed by Miriam Nelson, PhD and others. OsteoFitness™ classes are held on Tuesdays and Fridays at 11:00 AM at the COA. The cost of this program is \$168 (includes 20 classes). Please visit the COA or call to register at (781) 275-6825.

Next session begins August. 25.



WELLNESS FOR YOUR MIND, BODY, AND SPIRIT

CHAIR EXERCISE: Great for range of motion and balance improvement. This class is practiced in a chair and includes elements of yoga and meditation. **\$65** per 8 week session (Wednesdays at 12:30 PM w/Madeline)

CHAIR YOGA: A gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support. Includes 30-minutes of meditation at the end. Mondays at 9:30 w/Lorraine or Fridays at 9:30 w/Helen; **\$65** per 8 week session *Take both for just \$120!

FLOOR YOGA: This form of yoga is practiced using a mat on the floor. Includes 30-minutes of meditation at the end. Mondays at 11:15 or Thursdays at 9:15 w/Lorraine; **\$65** per 8 week session *Take both for just \$120!

TAI CHI: Tai Chi (pronounced "Tie Chee") is a mind-body exercise from China and has its roots in martial arts. Because of it's soft, gentle movements and deep breathing it is sometimes called "Moving Meditation". Thursdays at 1:00 taught by instructors from the Oriental Healing Arts Association. **\$65** per 8 week session.

ZUMBA GOLD: Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination; **\$65** per 8 week session (Tuesdays at 4:00 PM w/Vera)

**Drop in rate for the above classes is
\$10 per day**

Tap Dancing

Chuck Frates' popular Tap Dancing class takes a summer break! Watch for his classes to return on Tuesdays after Labor Day. Also, Keep your eyes open for these *talented tappers* at the Bedford Day parade!

Pre-registration is required for all classes. Please let us know if you have any questions.

Evenings at the COA



Peace of Mind on a Fixed Income

After working hard for a lifetime many Seniors find themselves with a list of assets to protect, however making sure your needs are being met on a fixed income can be a challenge! Join Jessica Wrigley of Liberty Mutual for an educational seminar at the Bedford COA on **August 12th**, starting at 6pm where she will share her favorite tips for seniors. You will learn about Auto, Home, Liability and Life insurance, and you will have the opportunity to ask any questions you might have about your specific circumstances. Light refreshments will be served, and there will be a few fun giveaways. You won't want to miss it. Please call the COA at (781) 275-6825 to sign up.

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Beginner's Line Dance!

Have you ever wanted to try line dancing but didn't think you could do it? Join us at the Council on Aging Café on *select* Mondays *exactly* at 7:00 PM with your 'two left feet' for line dance lessons. We'll teach you from the first step! Soft soled shoes preferable (sandals not advisable). Please be prompt!

Summer dates: *July 27, August 3, 24, & 31.*
Please call the Council on Aging to sign up, limit 20.

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Ongoing Evening Programs

Coffee Hour: Tuesdays at 6:00

Single Again: Tuesdays at 7:30

Sit & Stitch: Wednesdays at 6:30

Wednesdays at the COA Cinema

July 8th 6:30 *American Graffiti* (1973) PG Showcasing then Hollywood newcomers Harrison Ford, Richard Dreyfuss and Ron Howard, director George Lucas weaves together the stories of a disparate group of teenagers as they struggle with adolescent rites of passage in 1962.

July 29th 6:30 *The Theory of Everything* (2014) PG-13 With his body progressively ravaged by ALS, world-famous physicist Stephen Hawking must rely on his wife, Jane, to continue his life's work as he faces various challenges. He and Jane defy terrible odds and break new ground in the fields of medicine and science, achieving more than either could hope to imagine.

Aug 5th 6:30 *American Sniper* (2014) R Based on his memoir of the same name, this military biopic centers on legendary sniper Chris Kyle, who amassed a record number of kills on the battlefield during his 10-year career as a Navy SEAL.

Aug 26th 6:30 *American Hustle* (2013) R This fictionalization of the "Abscam" scandal of the early 1980s follows con man Irving Rosenfeld and his lover, Sydney Prosser, as they help an eccentric FBI agent expose corruption among several members of Congress in New Jersey and Pennsylvania.

Please join us for coffee and conversation after each movie!


Dear Resident,
We need your feedback. The Bedford Cultural Council strives to maintain the creative vitality of our community through the awarding of grants for public projects to non-profit organizations, educational institutions, and individuals. Please complete this brief online survey (<https://www.surveymonkey.com/s/BedfordCulturalCouncil>) by August 1st and let us know how we're doing. You won't just be putting your two cents in; you'll be making an investment towards future funding. Thank you in advance for your cooperation.

Sincerely,

The Bedford Cultural Council

Council on Aging Board Meeting

The next Board meeting will be held on **Tuesday, September 8 at 11:30 AM** in the Fitch Room (second floor, Town Center Building). All are welcome to attend this public meeting. The COA board is an appointed committee that consists of 9 volunteers who live in Bedford and are registered Bedford voters. They work toward solving complex issues and setting or recommending policy that helps to shape the kind of community in which we live.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:00 Exercise/ Fix it Shop 10:00 Computer Club 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch	9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise 11:00 Dog Bones 1:00 Current Events/ Tai Chi 9:00 Fireworks	<div>3</div> <div>4</div> <div> CLOSED Independence Day  </div>	
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates 11:15 Floor Yoga 11:45 Lunch 1:00 Poker 3:00 Handcrafts	9:30 Exercise 10:00 SHINE/ Cycling 11:00 Dup. Bridge/ Tap/OsteoFitness 1:00 Writing Group 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise 10:00 Genealogy 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch/ Movie: American Graffiti	9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise/ SHINE 11:00 Duplicate Bridge/ Dog Bones 1:00 Current Events/ Tai Chi	9:00 Exercise 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:45 Lunch 1:00 Scrabble/ Line Dancing/ Nurse's Hours	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool Monthly Birthday 1:15 Movie: <i>Amira & Sam</i>
Concord Cruise 9:00 Exercise 9:30 Chair Yoga 10:00 Pilates/ BINGO 11:15 Floor Yoga 11:45 Lunch 1:00 Poker 3:00 Handcrafts	9:30 Exercise 10:00 SHINE/ Clear Captions 11:00 Dup. Bridge/ Tap/OsteoFitness 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise 10:00 Vets Coffee 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch	9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise/ Hearing 11:00 Dog Bones 1:00 Current Events/ Tai Chi	9:00 Exercise 10:00 Sit 'n Stitch 10:30 ComForCare 11:00 OsteoFitness 11:45 Lunch 1:00 Scrabble/ Line Dancing	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>Cake</i>
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates/ Science & Tech 11:15 Floor Yoga 11:45 Lunch 12:30 Name That Tune 1:00 Poker 3:00 Handcrafts	9:30 Exercise/ Breakfast & BINGO 11:00 Dup. Bridge/ Tap/OsteoFitness 1:00 Writing Group 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 Dale Tamburro 6:30 Sit 'n Stitch	9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise 11:00 Duplicate Bridge/ Dog Bones 1:00 Current Events/ Tai Chi	Podiatry 9:00 Exercise 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:45 Lunch 1:00 Scrabble/ Line Dancing/ Trail Walk	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>7 Brides for 7 Brothers</i>
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates 11:15 Floor Yoga 11:45 Lunch 1:00 Poker/ Japan Travelogue/ Nurse's Hours 3:00 Handcrafts 7:00 Line Dancing	9:30 Exercise 10:00 SHINE 10:30 Liver Health 11:00 Dup. Bridge/ Tap/OsteoFitness 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch/ Movie: The Theory of Everything	9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise 11:00 Dog Bones 1:00 Current Events/ Tai Chi/ Ice Cream	9:00 Exercise 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:45 Lunch 1:00 Scrabble/ Line Dancing	



For Advertising Information, call
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THIS SPACE IS
AVAILABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool Monthly Birthday 1:15 Movie: <i>The Cobbler</i>
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates 11:15 Floor Yoga 11:45 Lunch 1:00 Poker 3:00 Handcrafts 7:00 Line Dancing	9:30 Exercise 10:00 Cycling 11:00 Dup. Bridge/ Tap/ OsteoFitness 1:00 Writing Group 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise 10:00 Computer Club 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch/ Movie: American Sniper	9:00 Muscle Care/ Fire Breakfast 9:15 Floor Yoga 10:00 SHINE/ Exercise 11:00 Dog Bones 1:00 Current Events/ Tai Chi	9:00 Exercise 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:45 Lunch 1:00 Scrabble/ Line Dancing	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>American Sniper</i>
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates/ BINGO 11:15 Floor Yoga 11:45 Lunch 1:00 Poker/ 3:00 Handcrafts	9:30 Exercise 10:00 SHINE 11:00 Dup. Bridge/ Tap/ OsteoFitness 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise 10:00 Genealogy 11:00 Mah Jongg 11:45 Lunch 12:30 Probiotics Chair Exercise 6:00 Peace of Mind 6:30 Sit 'n Stitch	9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise/ Talking Books 11:00 Duplicate Bridge/ Dog Bones 1:00 Current Events/ Tai Chi	9:00 Exercise 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:45 Lunch 12:30 Emerson 1:00 Scrabble/ Line Dancing Nurse's Hours	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>Black or White</i>
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates/ Science & Tech 11:15 Floor Yoga 11:45 Lunch 12:30 Name That Tune 1:00 Poker 3:00 Handcrafts	9:30 Exercise/ Breakfast & BINGO 10:00 SHINE 11:00 Dup. Bridge/ Tap/ OsteoFitness 1:00 Writing Group 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise 10:00 Vets Coffee 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 Eric Prichard 6:30 Sit 'n Stitch	9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise/ Hearing 11:00 Dog Bones 1:00 Current Events/ Tai Chi	9:00 Exercise 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:45 Lunch 1:00 Scrabble/ Line Dancing/ Trail Walk	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>McFarland, USA</i>
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates 11:15 Floor Yoga 11:45 Lunch 1:00 Poker/ Nurse's Hours 3:00 Handcrafts 7:00 Line Dancing	9:30 Exercise 11:00 Dup. Bridge/ Tap/ OsteoFitness 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	Marblehead Trip 9:00 Exercise 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch/ Movie: American Hustle	9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise 11:00 Duplicate Bridge/ Dog Bones 1:00 Current Events/ Tai Chi	9:00 Exercise 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:45 Lunch 1:00 Scrabble/ Line Dancing	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>To Catch a Thief</i>
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates 11:15 Floor Yoga 11:45 Lunch 1:00 Poker 3:00 Handcrafts 7:00 Line Dancing					

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The **Lifecare Advantage** is backed by **Benchmark Senior Living**, the largest provider of senior housing in New England. We strive to enrich the lives of seniors through an advanced approach to personal fulfillment. **At the intersection of self, purpose and community you will find The Commons in Lincoln.**


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For Your Health

Health Screenings

Nurse's Hours: On **Fridays July 10 & August 14** and **Mondays July 27 & August 24** Community Health Nurse, Joyce Cheng will be at the COA at **1:00 PM** to take your blood pressure and to provide individual consultation for any health questions you may have. She will meet with people on a "first come, first served" basis.

Podiatry Clinic: Friday, July 24 Dr. Bryant Tarr will be at the COA from 8-11 AM. Please call to let us know you are coming. The cost is \$25 for each treatment.

SHINE Health Benefits Help! SHINE (Serving the Health Information Needs of Elders) counselors from Minuteman Senior Services will be available **Thursday July 9** and **Tuesday July 14 & 28** beginning at 10 AM. She will also be available **Thursday August 6 & Tuesday August 18** beginning at 10 AM. Please call to make an appointment! If you cannot leave your home, they will call you.

Free Hearing Clinics: Joe Sarofeen of Apex Hearing will be here on **Thursday, July 16 & August 20** from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.



Liver Health with Joyce!

Joyce Cheng, the Community Health Nurse of the Bedford Board of Health will give a presentation on Liver Health. Signs and symptoms of liver diseases and tips of prevention will be discussed. An assessment tool will be used to evaluate everyone's risk of Hepatitis. The presentation is scheduled on **July 28th, 10:30 AM- 11:30 AM** in the Flint Room. Please let us know if you will attend!

Probiotics:

Getting a Little Culture with Peg!

What are they and where are they found in your diet? Are they necessary? Please come with your questions about probiotics and other nutrition concerns! Peg Mikkola, RD, LDN of Minuteman Senior Services will be here to give you answers!

Wednesday August 12, Right after Lunch!

Trail Walks



Join Alissa on Friday, July 24 at 1:00 PM for a walk to Two Brothers Rocks. This year, we will park at the trail-head on Old Causeway Rd., just before the gate to the 'Concord Field Station'. This will be a 1½+ mile walk with some uneven ground. *Please call the COA to register by Thursday, July 23.*

On Friday, August 21 at 1:00 PM, we will meet at the parking area on Railroad Ave, adjacent to the JGMS fields to walk through the Elmbrook Conservation Area. This will be a nice walk in the woods to cool down from the summer heat! *Please call the COA to register by Thursday, August 20.*

For all trail walks, please wear appropriate footwear for possible uneven ground. If you would like a trail map ahead of time, please see Alissa at the COA.

Muscle Care Clinic

With Wayne Durante, LMT

\$10 for 10 minutes

Thursdays beginning at 9:00 AM

Please call the COA for an appointment

781-275-6825

Bedford Council on Aging Services

In addition to the many educational and recreational programs offered, we offer a variety of services to older adults and their caregivers including:

- ◆ Senior service evaluation and coordination
- ◆ Senior-related crisis intervention
- ◆ Assistance in choosing housing, including assisted living and nursing facilities
- ◆ Transportation to medical appointments
- ◆ Help in obtaining public benefits
- ◆ Health benefits counseling
- ◆ Job placement through the Town and in the private sector
- ◆ Home Safety evaluations to identify potential fire, crime, falling, and other hazards
- ◆ Legal counseling by an attorney
- ◆ Tax preparation by AARP/IRS volunteers

Elder Services Coordinator, Wendy Aronson is available for consultation either in-person by appointment or by phone at (781) 275-6825. If you are a family member or caregiver of a senior, Wendy can help you access the information and resources that best suit your needs. Please do not hesitate to call!

What You Need to Know

Fire Safety Breakfast

Join Fire and Life Safety Educator Nick Anderson on **Thursday, August 6 at 9:00 AM** for a special breakfast and information on fire safety in the home! Please call (781) 275-6825 to sign up.



Taking Control of Your Future

Attorney Dale Tamburro will return to the Bedford COA on **Wednesday July 22 at 1:00 PM** to present a discussion on Elder Law. He will address topics such as: guardianships, conservatorships, community Medicaid benefits, long term care insurance, and annuities in Medicaid planning for couples. Please sign-up for this lecture so we know you are coming! He will also offer (free of charge) three individual 45-min. appointments beginning at 9:30. Please call the Bedford Council on Aging at 781-275-6825 to schedule your appointment or for more information!

Coffee with Emerson

Friday August 14, 2015 at 12:30pm

Come enjoy coffee and dessert with Emerson Hospital Representatives, Diane Forte and Patti Salvatore. This informal get together will help you explore the services at Emerson Hospital as well as answer any questions you may have regarding their services. Emerson Hospital would also like to hear from you how they could better meet your needs. Please call the COA to sign up!



Talking Books

Thursday August 13 at 10:00 AM

The Perkins Braille and Talking Book Library provides audio and large print books as well as access to hundreds of newspapers, movies and TV shows. The library is part of the federally funded National Library Service. Gayle Yarnall will be at the Bedford Council on Aging to demonstrate the free, easy to use digital player and explain how all of these services can be delivered to your home at no cost. Most people think the library is only for people who are blind but we serve anyone who can't read standard size print easily for any physical reason. We will bring applications for people who might be interested in joining. All services are free.

Nothing can keep you connected with the world like reading!



Estate Planning with Eric

Wednesday, August 19 at 1:00 PM,

In this seminar, Attorney Eric Prichard from Brown & Brown, PC in Bedford will discuss federal disability benefits including Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI). He will also talk about specific estate planning options for people with special needs and for families of children (or grandchildren) with special needs, including the use of special needs trusts. We hope you will attend! Please call the Council on Aging at (781) 275-6825 to sign up.

Clear Captions

Come to the Council on Aging on Tuesday July 14 at 10AM to see the Ensemble phone in action! Ensemble is a captioned phone that displays text of conversations in near real-time on a large color touchscreen so you can see and hear what callers are saying. *Clear Captions is a federally funded national telecommunications company that provides captioned telephones and service for the hard of hearing per citizens per The Americans with Disabilities Act of 1990, Title 1.4 Telecommunications.*



Japan Travelogue

Monday, July 27 at 1 pm

Please join Hal Ward for another interesting travelogue! Hal will talk about his trip to Japan and show us some breathtakingly beautiful scenery. Hal has traveled extensively and has a wealth of knowledge to share.



Computer Club

Meetings will continue on the 1st Wednesday of each month through the year. A round table discussion will be held on **Wednesday July 1 at 10:00 AM** and also on **Wednesday August 5.**

Computer Drop-In

Our friendly Computer Club volunteers will be here only by appointment for the summer to help those with questions about any aspect of computer use. Please call the COA to arrange an appointment or email BCOACC@verizon.net.

Get Answers by Email!

Todd Crowley answers computer questions of Bedford residents by email! Simply send your questions to AskToddC@yahoo.com



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Town Center
Concert July 2 at 7:30 PM
Fireworks July 2 at 9 PM



**Day Trip to
Marblehead
Wednesday,
August 26**
See p 2

New Evening Programs!
Join us to Beat the Heat!
Open Monday, Tuesday
and Wednesday Evenings!
Details on Page 5

Don't Forget These Ongoing Activities!

BINGO: July 13 & August 10
Scrabble: Fridays at 1 PM
Poker: Mondays at 1 PM
Handcrafts: Mondays at 3 PM
Mah Jongg: Wednesday at 1 PM
Current Events: Thursdays at 1 PM
Writing Group: 1st & 3rd Tuesday
Genealogy: July 8 & August 12
Line Dancing: Fridays at 1 PM
See Calendar Inside for Details

**Saturday
Extended Hours!**
We are now open
11 to 4!
Stop in and have a
cup of coffee and
stay for a movie!

**Concord River
Summer Lunch
Cruise**
Monday, July 13
Limit of 20,
Sign Up Today!!

MONDAY	9:00 Exercise 9:30 Chair Yoga 10:00 Pilates 11:15 Floor Yoga 11:45 Lunch 1:00 Poker 3:00 Handcrafts 7:00 Line Dance
TUESDAY	9:30 Exercise 11:00 Duplicate Bridge OsteoFitness 1:00 Writing Group 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again
WEDNESDAY	9:00 Exercise 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch
THURSDAY	9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise 11:00 Duplicate Bridge 1:00 Current Events Tai Chi
FRIDAY	9:00 Exercise 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:45 Lunch 1:00 Scrabble Line Dancing
SATURDAY	11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie *PLUS MUCH MORE EVERY DAY! See Inside for details!*



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